Past Life Regression - Scripts

Client Interview

Confirm Motivation

1) What inspired you to come?
2) How do you *feel* past life regression will help you?
3) What do you *feel* makes now a good time to come?

4) Have you had dreams or meditations you sense are about past lives?
5) Have you had spontaneous past life recall, deja-vu or spirit communication?

6) How do you feel about your issue?
7) How do you feel about that feeling?
8) Where do you feel that feeling in the body?

Presenting Issue

1) How does the issue affect you? Describe a specific moment in the last few weeks to illustrate, including what you saw, heard and felt.

Short History Of The Issue

2) How long has this been an issue?
3) How has this issue changed over time?
4) Has it been constant, or has it had highs and lows?

5) What have you done to deal with this in the past?
6) What other treatments have you had to address this issue? How did they go?

7) What parts of the issues have already been resolved?
8) What are the main challenges or areas that still need to be resolved?

Resources

9) What successes have you had with this issue, or related issues?
10) Do you feel you have, or are you in contact with, a Spirit Guide? Describe.
11) What spiritual lessons do you sense you may be learning now?

People - (*Worksheet attached. Interview fills in present. Sessions fill in past.*)

12) Who are the major people in this life connected with this issue?

Outcomes

13) What is the priority issue to address with PLRT today?
14) What blocks, limiting beliefs or emotional residues do you want to resolve?

15) What would have to happen to know that these sessions were successful?
16) How would success with these issues look and feel a few weeks from now?

Client Interview - Major People

Name. Age. Relationship. Occupation. Effect on issue. Recent interaction. Story.

1a) **Present Life**;

1b) **Past Life**;

2a) **Present Life**;

2b) **Past Life**;

3a) **Present Life**;

3b) **Past Life**;

4a) **Present Life**;

4b) **Past Life**;

Session One

Rapid Induction 1 - Hand Press Static

Have your client recline in a position where they can go into hypnosis and stay comfortable for an hour. Sit to their side. Put your hand palm up and by their side a couple of inches above the arm of the chair, so they can comfortably press down on your hand.

"Are you ready to experience hypnosis?

Pick out a point on the wall. Keep your eyes fixed on the wall.

Breathe in. Hold that breath. Release and let go. x2

Place your hand palm down on my hand. Press down on my hand.

Close your eyes. Watch your breathing."

Suddenly remove your hand.

"Sleep! Loose and limp. Relax more with every breath. Let your whole body be loose, limp and relaxed like your arm. Let your whole body go even more loose, limp and relaxed now."

Pick up their forearm by the wrist. It should be loose and limp and heavy.

Gently drop their hand back to the arm of the chair and say;

"*Let your whole body be loose, limp and relaxed like your arm. Let your whole body go even more loose, limp and relaxed now*."

If they try in anyway to help you lift up their arm, gently take control of their arm by shaking it lightly side to side and telling them;

"Loose and limp. Relax more with every breath."

Gently drop their hand back to the arm of the chair and say;

"Let your whole body be loose, limp and relaxed like your arm. Let your whole body go even more loose, limp and relaxed now."

Deepeners - Session One

Introduction: Close your eyes and focus on the sound of this voice, because you can decide to follow these words to enjoy a hypnotic state today, that can range from drifting attention to deep relaxation. Even if your attention seems to wander, my voice will go with you. You may drift away, from the specific words, and drift into the spirit of the words for you. My voice will go with you. You don't have to seem to hear or remember every word, because you can hear everything you need to, here and now. You don't have to try, just allow yourself to go with the flow.

Breathing: Begin now by taking 3 conscious deeper breaths,
Breathing in deeper and slower, and exhale, release and let go.
Breathing in deeper and slower, and exhale, release and let go.
Breathing in deeper and slower, and exhale, release and let go.

That's right, with each breath deeper and deeper, because you can tell your body to breathe, to calm and to relax. As the body relaxes the mind relaxes, and your breathing and relaxing continues automatically, all by it self.

Muscular Tension and Relaxation: You can let go of any tension in the body paradoxically by tensing muscles, then relaxing completely. So in a moment you can concentrate on the feeling of the muscular tension, and the relief of relaxation. If you have any injuries or pain, don't tense that area, just breathe and mentally release. Tensing the muscles with energy, but not excess strain.

Beginning with the hands, form a fist, hold it for five seconds, tensing even the fingers within… and release it slowly, and observe that relaxation, as you can let go. Now tense the biceps, but while keeping the hands relaxed. You could bend the arm. Find that way to hold the bicep tense and hands relaxed. Tighter, squeeze, and release. Relax and let go. Let that tension drain away. Now tense the triceps. Straighten the arms and find that way to tense the tricep, tighter, squeeze, and release. Relax and let go. Let that tension drain away.

Now tense the shoulder and the neck. Keep other muscles relaxed, but tensing the shoulder and the neck, tighter, squeeze, and release. Relax and let go. Let that tension drain away. Tense the feet and calves, tensing, tighter, squeeze, and release. Relax and let go. Let that tension drain away. Now tense the quads, hams and butt. Keep other muscles relaxed, but tensing the quads, hams and butt, tense, tighter, squeeze, and release. Relax and let go. Let that tension drain away.

Now tense the jaw and face. Open the jaw, squeeze the eyes close, tense the lips and cheeks. Keep other muscles relaxed, but tensing the muscles of the face and jaw now, tense, tighter, squeeze, and release. Relax and let go. Let that tension drain away. Just let your whole body relax. Observe the difference, noticing how muscle tension has drained away. Continue letting tension to drain away.

Count Down Deepener: Follow the numbers down as I count backwards from 5 down to zero, beginning with 5, feeling the weight of the head, and with your eyes closed, turn your eyes upwards as if looking up towards your 4-head, then letting a warm heavy pleasant energy flow down, aware of the air on your skin, and 3 the feeling within, down deeper, into the heart beating, sending warm loving energy through your body, aware of your pulse, flowing down 2 your legs, down to the souls of your feet, heavier and heavier.

Letting that heavy, sleepy, day-dreamy feeling take over. And I wonder if it reminds you of 1 time, watching a late night movie, trying to stay awake but feeling half asleep, with your eyelids so heavy, trying not to close yet closing. Then feeling a relief as you inevitably allow yourself to relax completely. You could still hear the movie, and you could tune into your own movie. And how good that felt, to finally hear your inner voice say, 'it's okay to relax', slowing down deeper with every breath, heartbeat and number, now with zero.

Light Body Scan: Notice the most relaxed part of your body. Let that relaxation grow and flow through you. If that calm, cleansing energy had a color, what would it be? you breathe in, imagine or feel that color of calm, cleansing energy flow through your body. As you breathe out, imagine or feel that you can breathe out any stress or tension, like a grey color that can go out and dissolve away completely. Let your color of calm, cleansing energy grow and go deeper, surrounding your whole body like a healing protecting cocoon of light, creating a protective layer of light around you.

Staircase: Imagine, visualize or feel a staircase with ten steps that can take you down to a door into a safe comfortable white room where you can access your past lives. Notice the color and texture of your staircase. So start going down the staircase. Imagine or feel your feet stepping down now, going down deeper down with each step, deeper down with every breath. 10, 9, 8, 7, slow down deepen, 6, your subconscious 5, doesn't mind, 4, getting to the bottom 3, ready to step in 2 your white room with 1, now, be there.

White Room & Place in Nature: So at the bottom of the stairs now, reach out to open the door, and find a white room with a comfortable chair. Make it how you like it as you go inside, and settle back into the comfortable chair. Imagine in front of you there is a cinema screen with a relaxing scene, like a beach, lake, garden or a favorite place in nature. Once you find your favorite place in nature, imagine moving into that place, so you can feel the sun or water on your skin. Notice the colors, sounds and smells around.

Whether it's warm sand you can sink into, or warm water you can float on, notice the feeling on your skin, and the feeling within. Breathing in calm, clear relaxation with every breath. Because you have been able to tense and relax your muscles, so you can continue to relax like this now. Notice the sky above, with clouds floating and dissolving like thoughts in your vast awareness. Because the fact that you are here relaxing means your subconscious mind is willing to work with you now to achieve your goal in a new ways.

Accessing A Past Life - Session One

Spirit Guide; Now you can invite your spirit guide. Send that request now by saying in your mind; *"I ask my spirit guide to come and help me now."*

You might see or hear or sense your spirit guide. Tell me when they come, or what you sense. Does your spirit guide have a name? What is it?

Set Intention; We can set an intention. You can repeat in your mind; *"I ask my spirit guide to help me access causative events in a past life or lives. I ask because I am ready to resolve my present issues."*

Age Regression To A Positive Resource; First we can go back to a time in this life when you felt a peaceful confidence. This is a resourceful state you can reconnect with. I will count from 3 down to zero. At zero you'll be able to recall or imagine any moment of peaceful confidence days, years or decades ago.

Drifting back with 3, a moment of peaceful confidence coming up with 2, coming into focus with one, and ready to step into the scene with 1, and feel the feeling, with zero, now, be there.

In that moment, are you inside or outside? What are you doing? What do you see or hear? How are you feeling? Notice where you feel that feeling in your body. Let that feeling grow, so a peaceful confidence fills your whole being.

You can let this feeling of peaceful confidence move into the background. This feeling has your back while we deal with past life issues.

Age Regression To Current Life Issue; Now we can go back to a causative event creating a negative effect. It can be a specific moment in this life that is months, years or decades ago, and has everything to do with your core issue.

If you're ever uncomfortable with an experience, simply float above it and watch it from a distance. Allow any memory arise, as we go backwards with 3, returning to significant time, back 2 a causative event of your main issue in this life, so just let 1 specific moment can come up and into focus, zero, now.

In that moment, are you inside or outside? How old are you then? What is happening there? What are the words you're saying? What are the thoughts you're thinking? Notice your body language. What are the emotions you're feeling? What do you know now about what you experienced then?

Now let that fade away. Go back to your safe place in nature. Breathe and relax.

Issues and blockages in this life can have a cause in a past life. The thoughts, feelings and issues faced in this life can be the bridge that takes you back to past life causes that can heal present life issues.

Accessing A Past Life - Mirror; In your place in nature, imagine a large mirror, that has the power to show information about your soul's journey. Does your mirror have straight lines or curves? What color is your mirror's frame?

Imagine your present day face reflected in the mirror. Now imagine your face from ten years ago reflected in the mirror. Recall your hair and clothes. Now imagine your face from when you were ten years old reflected in the mirror. Recall your hair and clothes.

Now that mirror can act like a screen. It can play a scene that is your earliest memory. Maybe you are five years old. Maybe you are ten months old. Where are you there? Notice the playground, house, neighborhood or nursery room. Let that scene or scenes play out, going further and further back in time.

In this mirror you can see your past faces reflected, and past scenes play out. Now you can go even further back in time, to some years before your birth in the present life, to some years towards the end of your last past life.

As I count backwards from 5 down to zero, your last past life face can appear in the mirror, and/or scenes from your past life can play out. With 5, imagining that past life face 4, getting clearer, 3, or that face acting in a past life scene, with 2, coming up and being there with 1, zero, now.

Accessing Past Lives; First impression, is there; a *face*, or a *scene*?

Face	**Scene**
Is it male or female? Describe the hair and clothes. What can you know about them? What they do? Where they from? Can this face enter a scene?…	Are you inside or outside? Where are you? When are you? What is happening? What happens next? Focus on the face…

Wrap Up; In the next session we can come back quickly and easily to a past life to pick up where we leave off now. You have done great so far. You have;

- Set a clear intention (and connected with your spirit guide).
- Experienced a hypnotic state, so you can go quicker and deeper next time.
- Done an Age Regression to a time of peaceful confidence in this life.
- Done a Past Life Regression to find a face or scene we can come back to.

Emerging: You have set an intention to access past lives to resolve present life issues. Your subconscious can prepare to continue to do this efficiently and effectively in the next past life regression sessions. We thank your higher self and spirit guide for the help they have given and will give.

In a moment I'll count you up to 5, and at 5 you'll come back fully into the moment, feeling good. So coming up with 1, aware of your body with 2, into this time and place with 3, 4, moving the fingers and toes, with 5, feeling good, eyes open, refreshed and alert. 1, 2, 3, 4, 5. Feeling good.

Session Two

Rapid Induction 2 - Hand Press Up Down Butterfly Finger

"Are you ready to experience hypnosis?

Look at my fingers. Keep your eyes fixed on the my fingers."

Move your hand slightly back and forward a few inches from their face, and wiggle your fingers in a butterfly movement pattern.

"Breathe in. Hold that breath. Release and let go. x2

Place your hand palm down on my hand. Press down on my hand.

Up and down. Up and down.

Close your eyes. Watch your breathing."

Suddenly remove your hand, so their hand drops a couple of inches and rests on the arm of the chair. Very quickly say;

"Sleep! Loose and limp. Relax more with every breath."

Gently pick up their forearm by the wrist. It should be loose, limp and heavy. Gently drop their hand back to the arm of the chair and say;

"Let your whole body be loose, limp and relaxed like your arm. Let your whole body go even more loose, limp and relaxed now."

Deepeners - Session Two

Introduction: Close your eyes and give this your full relaxed attention. Just allow your subconscious mind to come to the forefront and use its wisdom to make positive changes in a way that's acceptable to you.

Breathing: Focus on your breathing. With each breath going deeper and deeper within. Connect with your inner relaxation. Go deeper within, into the feelings of deep relaxation, with each breath taking you deeper and deeper.

Muscular Body Scan: Let that relaxation flow into your muscles. So as you breathe, you relax your muscles. Relax the muscles in your face. Relax your jaw. Relax your neck. Let your whole head relax into a comfortable enjoyable relaxation. Relax the muscles in your shoulders. Let any tension or weight on your shoulders lighten for now. Relax your back and your core.

Relax the muscles of your arms. Feel your arms and fingers become loose, limp and relaxed. Relax the muscles of your legs. Feel your legs and feet become more loose, limp and relaxed.

Relax the muscles of your whole body now. Feel all the muscles of your whole body become more relaxed, lighter, connecting with your inner relaxation, going deeper within, into the feelings of deep relaxation, with each breath taking you deeper and deeper.

Light Body Scan: Now imagine, visualize or feel a light flowing down through the top of your head. Let it be a healing, loving, wise light energy that can bring peace to every molecule in your body. Let that light flow into your body. You could imagine a color or a clear white.

Let the light flow into your face and your jaw. Let the light flow into your neck, and throat, so your whole head fills with this healing, loving, wise light energy, that can surround you and flow within you, and go deeper.

Let the light flow into your shoulders, and flow down your back and fill your core. Notice how that light can flow through your spine, from your neck to the base of your spine.

Notice how that light can flow through your chest. Let it flow through your lungs so it spreads through every cell of your body with every breath. Let the light flow through your heart centre. connecting with a healing, loving, wise energy, that can spreads through every cell of your body with every heartbeat.

Let the light flow into your legs. Flowing through your hips, flowing though your upper and lower legs now, filling every cell and fibre of your body with calm. Flowing to your feet and your toes, going deeper within, into the feelings of deep healing calm.

Light Protection: Now let this light flow through your whole body, surrounding your whole body like a healing protecting cocoon of light. Imagine this creates a protective layer of light around you. You can see everything through this light of relaxed healing calm. This light is always around you, now you are tuned into it. So your core qualities of wise, loving energy come to the forefront.

Staircase Countdown: Imagine, visualize or feel the energy of a staircase that can take you down into a beautiful, safe garden. Notice the color and texture of your staircase. Give it 10 steps that can take you to a place where you can access your past lives. As you go down the staircase, imagine or feel you feet stepping down now. 10, 9, going deeper down each step, 9, down deeper with every breath, that's it, 7, breathing, noticing the color or texture of your staircase, 6, slow down deepen, your subconscious 5, doesn't mind, 4, getting to the bottom 3, ready to step in 2 your garden with 1, zero, now, be there.

Safe Place - Garden: Notice your garden's plants and trees. Imagine red roses, orange fruits and yellow flowers. Notice the green plants and lawn. Notice the blue of the sky above, and a violet highlight of a flowering tree. Notice how the tall trees reach high, and have deep roots. Here you can be grounded, aware of the colors of nature, and the colors of your chakra energy centers. Here you can be aware of your higher self, and stay grounded.

Find a place in your garden where you can relax completely, like a bench or a comfortable chair or recliner. Imagine you are filled and surrounded with inner light, refreshing, healing, relaxing. Because here the deepest levels of your mind can open up, and you can remember everything.

Entering Past Lives - Session Two

Spirit Guide & Setting Intention; Now you can invite your spirit guide to be with you. Send that request to the universe now; 'I ask my spirit guide to come and assist me now.'

Either way your spirit guide can hear you, and assist you to access a past life or lives that relate to your issue. Does your Spirit Guide have a name? What is it?

You can let your spirit guide know that you are here to ask for their guidance into and through a past life or lives that are a cause of present life issues. Because you are ready to take a major step forward to get insights into past lives, to help resolve present life issues involving… (*state their issue.*) You have already been able to;

- Experience a hypnotic state
- Regress to a time of peaceful confidence in your present life
- Find a past life in (*location or time period*), to explore in this session.

Entering Past Lives - Tunnel; Now make your way to your place in nature. Find or create in front of you a tunnel that can take you into a past life.

As I count from 5 down to zero you can walk into the tunnel. At zero you'll be at the end of the tunnel ready to emerge into a past life relevant for your issue.

5, stepping into the tunnel 4, noticing the quality of the tunnel walls, 3 half-way, as the light behind you recedes, the light at the end of the tunnel draws you forward, with 2, as you move you're ready to recall a previous life, notice or create a mirror and catch a glimpse of that different body, different clothes, somehow familiar but from another time with, 1, step out of the tunnel into the light with zero, now, be there.

Navigating Past Lives: Entry Information;

Where are you?
In a city, town or country?

Are you inside or outside?
In a building or in nature?

Are you male or female?
What are you wearing?
What could be your occupation?

Are you a child or adult?
What color or texture are your clothes?
Are you a young adult, middle aged, or older?

It's okay to imagine or just make up or go along with whatever pops into mind. Give yourself permission to use your imagination.

Which country, or continent?
What year is it?

What is your race?
Which century, or time period?

Navigating Past Lives - Session Two

1) Narrative Information; What is happening there now?

What are you doing?
What are you saying?
How do you feel?

Are you alone or with people?
What are you thinking?
How do they feel?

What is your profession or task?
Are you succeeding?
Do you have colleagues?

Are you trying to achieve something?
Are you encountering obstacles?
Do you have competitors?

What is you emotional situation?
Are you happy in this life?

Is there frustration, anger or sadness?

What is your family life?
Are there parents, brothers, sisters?

Are there wife, husband, children?

What is your personal life?
Do you have friends or allies?

Or enemies?

Is there anything else you can add?

Play it forward, how does this end?

2) Progressing The Narrative

A) Go To Next Significant Time: Is another significant time in that life effecting present life issues? Short; Go to the next significant time now.

(Longer: As I count you down from 5 to zero, move to the Next Significant Time in that life with 5, moving to another event 4, in that lifetime 3, that's a cause of present life issues, with 2, 1, zero, be there.)

Next Questions; Where are you now? In the same place, or a new one?
What year is it now? How many years ahead? How old are you now?

What is happening there? What life changes have happened?
What are your emotions or thoughts? How have they developed?

What can you learn from this flow of emotions or events?
How have your most significant relationships developed?

Is there anything else you can add? Play it forward, how does this scene end?

B) Worst Time: Is there another significant time in that life that is a cause of present life issues, perhaps a Worst time? Go to that *worst time* now. (Repeat Next Questions.)

c) First Time: Is there another significant time in that life that is a cause of present life issues, perhaps a First Time, where it began? Or have we already seen the first time? If so; Go to that *first time* now. (Repeat Next Questions.)

Other Ways To Progress The Narrative;

What happens next?
Play it forward.
How did this situation begin?

Go to the next significant event.
Rewind it back.
How does the scene end?

Should we rewind or go forward?
Go back to near the beginning.

Play forward to near the end.

Take us to where you think we should go.

What question should I ask?

3) Identifying Key People; Now we pause at the end of that scene, to focus on the key people in those events. You can mentally move to them, to bring up the faces of the most significant people.

Let the first one be there. Focus in on their eyes, mannerisms, energy and inner self. Are they familiar? Are they are connected to you in your present life?

You can recognize people even if they are different genders, ages or cultures.

Let the next one be there. Focus in on their eyes, mannerisms, energy and inner self. Are they are connected to you in your present life?

How is the past life relationship effecting the present life relationship?

Do actions in one life explain or balance out actions in the present life?

4) End Of Lifetime; Now, if appropriate, we can go to the end of that past life. We can learn about the experience of leaving that body with a detachment and peace, with just enough feeling to get the message, knowing you are safe here and now. As I count you down from 5 to zero, with 5, move to the last day 4, of that life 3, with a detachment and peace, with 2, 1, zero, be there.

Where are you? What age are you? Are you alone or are there others around?

What life changes have happened? What is happening there? What are your words or inner thoughts? What are the emotions? What else do you know?

Play it forward to the moment of leaving that body. Let go and notice the relief. Leave any emotion or sensation. That is no longer your body.

Can you look down from the ceiling or sky and see that body? How do you feel about that body now?

Describe the transition feeling. What did know about bodies now?

Play it forward to see if there is a funeral you can witness.
What happens? Who is there? How do you feel?

5) Life Review; We can pause here for a moment to observe the end of the lifetime by looking down at your body or the funeral. And we can look up and connect with your spirit guide for a brief life review.

If you look up, what do you see? Can you see any points of light?
Do you feel drawn to or pulled to a brighter point of light? How does it feel?
Can you move yourself towards the light, or through the portal, using thought?

As I count from 5 to zero, at zero you will be surrounded by a loving wise light. With 5, into the light 4, move towards the center with 3, feeling the loving, wise light filling you with peace, with 2, to meet your spirit guide for a life review with 1, zero, now. You can ask your spirit guide, or higher self;

What was the main lesson from that past life?
How was that past life connected to the present life?
What new actions can I take now?
What advice can you give me?

6) Other Lives; Are other past lives significantly effecting present life issues?

If 'No' Go to Wrap.
If 'Yes' But you are out of time… "We will visit in the next session." Wrap

If Yes And you have time…

Short; Go to the next significant past life now.

Longer: As I count you down from 5 to zero, move to the next significant past life with 5, moving to an event 4, in another past life 3, that is a cause of present life issues, with 2, 1, zero, be there, now.

Go back and repeat process from *Navigating Past Lives: Entry Info.*

7) Wrap; Soon you can come back fully into the present life, feeling great because you have been able to experience a regression to a past life where you learned… (*repeat session highlights*).

We thank your spirit guide and higher self for their help. We ask that they help you integrate this past life recall into your daily life, so any time you think of this session, you become more present in the now.

In a moment I'll count you up to 5, and at 5 you'll come back fully into the moment, feeling good. So coming up with 1, aware of your body with 2, into this time and place with 3, 4, moving the fingers and toes, with 5, feeling good, eyes open, refreshed and alert. 1, 2, 3, 4, 5. Feeling good.

Dealing with Blocks - Session Two

1) Imagination; "Give yourself full permission to use your imagination. Go with the flow of whatever comes to mind. Your mind could imagine *anything*, yet it is experiencing this for a reason. If you may not be *sure*, but if you could make guess, how *could* you answer the question?"

2) More Deepening; "You don't have to try hard to grasp at an answer. We will create a space for an answer to arise. So now we will spend a few minutes just breathing. Breathing in deeper and slower, and exhale, release and let go. x3 You can speak if anything comes up at anytime." *Keep silence for two minutes.*

3) Darkness; "Can you switch on a light? Can you look up and find your way by stars? Can you move out of this room or area to where there is some light?"

4) Spirit Guide And Higher Self Assistance; "Come back to the garden and rest in your protecting cocoon of light. Imagine, visualize or feel a beautiful light. Breathe in this light, so it fills every single cell of your body, and expands your mind so it can merge with your higher self that has knowledge of your past lives, and can communicate with your spirit guide. Ask for their help in accessing a past life, because you are ready to grow in your present life."

Trying Again; "As I count you down from five to zero, you will return to a past life affecting your issue with 5, going back 4, down the tunnel and 3, all the way back, with 2, coming into focus, 1, zero, be there."

5) Spirit Guide And Higher Self Reason; "Stay in that light where you can communicate with your higher self and spirit guide. Can your higher self or spirit guide tell us;

Is there a reason for not accessing a past life at this moment?
Is there is a secondary gain *(client name)* is getting from their issue, so part of them does not want to overcome the issue?

Has *(client name)* incarnated on earth before?
Is this not a good time to experience past lives?
When would be a better time to do past life regression therapy?
Does the issue affecting *(client name)* have a cause in their current life?
Is there another treatment or recommendation you would give?"

Session Three

Rapid Induction 3 - Hand Press Slow Down Down Down

"Are you ready to experience hypnosis?

Pick out a spot on the wall. Keep your eyes fixed on that spot on the wall.

Breathe in. Hold that breath. Release and let go. x2

Place your hand palm down on my hand. Press down on my hand.

Slow, down, down, down, down.

Close your eyes. Watch your breathing."

Suddenly remove your hand, so their hand drops a couple of inches and rests on the arm of the chair. Very quickly say;

"Sleep! Loose and limp. Relax more with every breath."

Gently pick up their forearm by the wrist. It should be loose, limp and heavy. Gently drop their hand back to the arm of the chair and say;

"Let your whole body be loose, limp and relaxed like your arm. Let your whole body go even more loose, limp and relaxed now."

Deepeners - Session Three

Introduction: Close your eyes, and give this your full relaxed attention.

Breathing: Focus on your breathing, with each breath going deeper and deeper within, connecting with your inner relaxation. Going deeper within, with each breath taking you deeper and deeper into the feelings of deep relaxation.

Muscular Body Scan: Let that relaxation flow into your muscles, so as you breathe you relax your muscles. Relax the muscles in your face. Relax your jaw. Relax your neck. Let your whole head relax into a comfortable enjoyable relaxation. Relax the muscles in your shoulders. Let any sense of tension or weight on your shoulders lighten for now. Relax your back and your core.

Relax the muscles of your arms. Feel your arms and fingers become more loose, limp and relaxed. Relax the muscles of your legs. Feel your legs and feet become more loose limp and relaxed.

Relax the muscles your whole body now. Feel the muscles of your whole body become more relaxed, lighter, connecting with your inner relaxation. Each breath taking you deeper and deeper into the feelings of relaxation.

Light Body Scan: Now imagine, visualize or feel a light flowing down, through the top of your head, a healing, loving, wise light energy that can bring peace to every molecule in your body. Let that light flow into your body. You could imagine a color or a clear white.

Let the light flow into your face and your jaw. Let the light flow into your neck, and throat, so your whole head fills with this healing, loving, wise light energy, that can surround you and flow within you, and go deeper. Let the light flow into your shoulders, and flow down your back and fill your core. Notice how that light can flow through your spine, from your neck to the base.

Notice how that light can flow through your chest. Let it flow through your lungs so it spreads through every cell of your body with every breath. Let the light flow through your heart centre, connecting with a healing, loving, wise energy, that spreads through every cell of your body, with every breath, and with every heartbeat.

Let the light flow into your legs. Flowing through your hips, flowing though your upper and lower legs now, filling every cell and fibre of your body with calm. Flowing to your feet and your toes, going deeper within, into the feelings of deep healing calm.

Healing Temple: Scan and discover the most relaxed part of your body. Send that energy to each part of your body. Imagine you are reclining in a healing temple. Notice or create a crystal above you. Imagine it can send energy to your chakras. Imagine that body from a distance now, translucent and accepting of your own inner wisdom. Notice the colors and swirling opening energy that's guided to where your body needs it to prepare you for your journey to heal past lives.

Staircase Count Up: Imagine a staircase, and let this be a staircase that goes *up*. So you can ascend, go up, rise up, higher and higher, like a stairway into the sky or a place of spacious radiance. Notice its color and texture. It can be white like marble, or made of light or like clouds that move you effortlessly higher with every step. Your thought to walk can take you up the staircase with 20 steps going up now;

1, 2, becoming more aware, 3, 4, awareness expanding, 5, 6, as you go higher, 7, 8, the higher you go the more the view opens up so 8, 9, you are less part of earthly dramas, 10, 11, and can breathe easy and free, higher, 12, 13, and higher, as you approach a dimension of insight and healing, 14, 15, up to a place where you can request your spirit guide to help you, 16, 17 requesting your higher self, inner wisdom or superconscious mind can come forward to help you, 18, 19 to access and heal past lives. As you get ready to step up into a place of light, peace and wisdom, that's it, with 20, now, be there.

Opening and stepping into this place of light and wisdom now. Notice if for you it is like a pristine crystal temple. Or a place in nature like a light garden. A place of pure light energy. Find a place where you can relax completely, and be filled and surrounded with light, refreshing and healing.

Re-Entering Past Lives - Session Three

Spirit Guide & Setting Intention; Now you can invite your spirit guide to be with you. Send that request to the universe now; "I ask my spirit guide to come and assist me now."

Either way a high spiritual guidance can hear you, and assist you now to access a past life or lives that relate to your issue. Let me know when you feel, hear feel or sense their energy. Does your Spirit Guide have a name? What is it?

Let your spirit guide know you are here to go back to a past life or lives that were causative to the present life issues of… (*state their issue.*) Recall you have already been able to;

- Experience a past life or lives.
- Discover causative events, actions and reactions.
- Discover causative relationships and interactions.

So now you are here to address these events and issues, and get a final formal resolution, for the highest good, to be more whole and present in the now.

Entering Past Lives - Tunnel; Now make your way to your place in nature. Find or create in front of you a tunnel that can take you into a past life. You could recall and return to scenes from your previous past life regression. You could find new scenes in that life. You could find new past lives.

As I count from 5 down to zero you can walk into the tunnel. At zero you'll be at the end of the tunnel ready to step into a past life scene that's most helpful for *resolving* past life issues.

5, stepping into the tunnel 4, notice or create mirrors that give glimpses of yourself in a different body, different clothes, 3 half-way and as the light behind you recedes, the light at the end of the tunnel draws you forward, with 2, so as you move you're ready to recall a previous life, with, 1, step out of the tunnel into the light with zero, now, be there.

Entry Information; Is this a past life from our last session, or a new one?

Where are you?	Describe your environment and location.
Are you male or female?	Describe your body, clothes, race and age.
What year is it?	Describe the time period?

Navigating Past Lives - Session Three

1) Narrative Information; Is this *event* from our last session, or a new one?

What is happening there? Describe what you're doing and saying
Are you alone or with people? Describe what they're doing and saying

What are you thinking? Describe the situation.
What is your emotional situation? Is there frustration, anger or sadness?

Describe anything significant relating to professional tasks, your objectives, your friends, colleagues, or family.

Is there anything else you can add? Play it forward, how does this end?

2) Progressing The Narrative; Play it forward to the next significant event.

What happens next? Where are you now?
How many months or years ahead? What is happening there?
Are you alone or with people? How have those events developed?

Describe the changes in events, emotions and relationships.

3) Identifying Key People; Tune into the first most significant person.

Let the first one be there. Focus in on their eyes, mannerisms, energy and inner self. Are they familiar? Are they connected to you in your present life?

What patterns are repeating across past lives, into your present life?
Do actions in one life explain or balance out actions in the present life?

4) End Of Lifetime; Now, if appropriate, we can go to the end of that past life. We can learn about the experience of leaving that body with a detachment and peace, with just enough feeling to get the message, knowing you are safe here and now. As I count you down from 5 to zero, with 5, move to the last day 4, of that life 3, with a detachment and peace, with 2, 1, zero, be there.

Where are you? What is happening? Are you alone or with people?
Describe your age, actions, thoughts and emotions. What can you learn?

5) Life Review; Move into the wise, loving light. Ask your spirit guide;

What was the lesson from that life? How does it connect to the present life?
What new actions can I take now? What advice can you give me?

Breaking the Bonds of Time - Session Three

Set-Up; We have discovered past life causes of present life issues. Now we can resolve these issues by talking directly to your subconscious mind.

Part of your mind is in time, so past lives can effect each other, yet…
Part of your mind is beyond time, so you can break the bonds of time.

Reason; Your mind can realize that past life actions are in the past. We are taking an action now to counteract past actions, reactions, interactions and intentions. Our new action and intention is to recognize and come into alignment with the higher truth that is beyond time. So residual energy from past lives is no longer carried over to effect the present life.

We can do this because, even in the time-bound world, times have changed. Old intentions, decisions or vows are now out of date and no longer need apply. They only have a low level of reality that was created and perpetuated by the mind of (*client name*). Therefore the mind of (*client name*) has the power to stop it.

Apply To Client; We have seen the;

Past life taking place in…	*summerize the country and time period.*
With the actions of…	*summerize the past life events.*
And interactions between…	*summerize the relationships and people.*
That had been a cause of…	*summerize the present life issues.*

Decision; These are the past life bonds to the present life we are breaking now

Client name, can you confirm your intention to break the bonds, through your actions here now? (You can reply yes or no.)

Client name, can you confirm your subconscious mind agrees to break the bonds to come into alignment with the higher reality? (Reply yes or no.)

Increments; How much residual energy from past lives can be released?

Could we release 50% today? Or are we up to 80%, 90%, 100% already?

<u>If no or <50%</u>; Can the higher self of spirit guide offer another solution?

We believe this solution is in accordance with spiritual law and our rights. The fact we have come this far shows client name is ready to *know* the bonds of time. And their intention now means they can *let go* of the bonds of time. We request your assistance to help *client name* realize the full extent of their rights, aided by their insights, actions and intentions today.

Increase Increments; Since we released; *(state % already agreed e.g. 50%)* Could we release another 10%, 20%, 40% or 50% today?

(Should be yes, another 20%.) Great, so that's at least 70% for today.

Since we released; *(state % already agreed e.g. 70%).*
Could we release another 10%, 20% or 30%?

(Should be yes, another 10%.) Great, so that's at least 80% for today.

Any of the remaining residual energy of (*state %, e.g.* 20%) can keep releasing in the coming minutes, hours or days. That is all we need now for a powerful healing effect in this life.

Confirmation; Now, as I count you from 5 down to zero, let the realization that you have been able to break the bonds of time sink in. You can realize and fully digest the action your mind has taken today, which is to realize that past life actions are in the past.

You have set an intention and now broken the bonds of time with your actions here today. Your subconscious mind has agreed, so all aspects of your being can now come into alignment with the higher truth that is beyond time. So the residual energy from those past lives events is no longer carried over to effect those present life issues.

Sinking In; Let this realization continue to sink deeper and deeper in to your subconscious with every breath, with:

Five	Your subconscious mind has broken the bonds of time.
Four	You are now free of residual energy from past lives.
Three	That had been a cause of present life issues.
Two	Creating the appropriate powerful healing effect in the present life.
One	Giving yourself permission to let go and be in the present moment
Zero	Now. You have done great.

Reframing - Session Three

Before the third session, read the reframing and case study sections of the manual. Write a reframing script for your client, based on their case history.

1) Frame Of Bad vs. Good; *Define how your client came from a conventional or dualistic frame. Question and critique that frame, with reference to their case history.*

2) Reframe 'Bad' As 'Helpful'; *Suggest how your client could reframe, from a spiritual or ultimate reality, with reference to their case history.*

3) Frame Of Acceptance & Gratitude; *Suggest how to use this frame, with reference to their case history. If required, also assist them with* **Forgiveness**.

"You can look back on the events from past lives with a new perspective."

Are the **Types of Karma** *useful to reframe, give insights or resolutions? If so, give with reference to their case history.*

1) Individual Karma; *My* karmic *action*;

2) Relationship Karma; *Our* karmic *inter-action and re-action;*

3) Collective Karma; *Our collective* karmic *action*.

Take Resolutions Into Present - Session Three

1) Imagine The Near Future; Can you image taking this new understanding into your present life? Imagine a time a few days of weeks in the future.

Notice, are you inside or outside in that moment? What are your thoughts? Let that get better and better.

Ask your higher self or spirit guide;
What new actions can you take now?
What advice can you give me?

2) Let Client Conclude As Their PLRT Journey Ends; *(Client name)*, how can you summarize what you have learnt during these sessions? How have you changed, based on what you know now? How does this make you feel? How can this benefit you going forward?

Wrap; You have done great by being able to;

- Experience more of a past life or lives where you learned to…
- Reframe your past life experience, and go beyond good or bad.
- Forgive others, be forgiven, forgive yourself.
- Break the bonds of time.

Repeat session highlights as a powerful suggestion and reinforcing reminder.

So now we thank your higher self and spirit guide for their help. We ask that they help you integrate this past life recall into your daily life, so that anytime you think of this session, you become more present in the now.

In a moment I'll count you up to 5, and at 5 you will be able to come back fully into the moment, feeling good. So coming up with 1, aware of your body 2, fully coming back into this time and place and 3, the room around you, with 4, moving the fingers and toes, all the way back, with 5, feeling good, eyes open, wide awake, 1, 2, 3, 4, 5, feeling good.